

Health + Fitness Recovery

BCAA: Branched Chain Amino Acids

Amino Acids are the building blocks of life and they're exactly what your body needs to recover! There are nine essential Amino Acids in total, but the most powerful Amino Acids are Branched Chain Amino Acids (BCAA's). Not all Amino Acids are created equal and Gym Molly only uses premium patented Vegan Instaminos®.

Instaminos® are a customized blend of three essential Amino acids (Leucine, Isoleucine, and Valine) that stimulate protein synthesis. Instaminos® have been proven to improve exercise performance by reducing the body's susceptibility to fatigue, muscle damage, and loss of energy.

Gym Molly BCAA's are 100% Vegan and are naturally made from Sunflowers. Gym Molly After Party BCAA's are Non-GMO and contain non-allergenic Vegan InstAminos®.

Directions for Gym Molly® After Party: Mix 1 scoop of Gym Molly® After Party with 10-14 oz of cold water

FOR A HEALTH BOOST: Take 1 serving anytime throughout the day and/or between meals
FOR PRE / INTRA WORKOUT ENERGY: Take 1 serving 20-30 minutes before training or during your workout

FOR POST-WORKOUT RECOVERY: Take 1 serving immediately after exercising.

THIS PRODUCT IS ONLY INTENDED FOR USE BY HEALTHY INDIVIDUALS, 18 YEARS OF AGE OR OLDER. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Use only as directed. Store in a cool dry place.

Keep out of the reach of children.
 Store at room temperature, tightly closed.
 Avoid excessive heat.
 Some product clumping may occur.

Manufactured by:
 Just No Competition, LLC
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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



GYM MOLLY®

30
Servings
ZERO CARBS

AFTER PARTY

7 GRAMS BCAA
+ ELECTROLYTE HYDRATION

Blue Raspberry Lemonade

 **Health + Fitness Recovery**

Dietary Supplement - NET WT 12.38oz (351g)



Supplement Facts

Serving Size: 1 Scoop, Approximately (12.9g)
 Servings Per Container 30

INGREDIENTS	Amount Per Serving	DV
Calories	35	

Pure Energy B Complex

Vitamin B3 (Niacin from Niacinamide)	30 mg	188%
Vitamin B6 (from Pyridoxal 5-Phosphate)	0.5 mg	29%
Vitamin B9 (Folic Acid) - 425 mcg DFE	250 mcg	106%
Vitamin B12 (from Methylcobalamin)	50 mcg	2,083%

BCAA Ultra Endurance with InstAminos®

Leucine	3500 mg	**
Isoleucine	1750 mg	**
Valine	1750 mg	**
Tyrosine	500 mg	**

Hydration Matrix

Glutamine	1000 mg	**
Coconut Water Powder	750 mg	**
Potassium	145 mg	3%

*Percent Daily Value based on a 2,000 calorie diet.

**% Daily Value (DV) not established

Other Ingredients: Citric Acid, Malic Acid, Natural & Artificial Flavors, Sucralose

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INSTAMINOS

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